

# Westcliff High School for Girls

## Physical Education Department

The PE Department currently comprises of four full-time teachers and one part time teacher of PE.

The PE facilities are outstanding and consist of:

- A fully equipped 4 court Sports Hall and changing facilities
- A purpose built Dance Studio
- A purpose built Fitness Suite
- Four floodlit hard play netball/tennis courts including a MUGA
- Playing fields for athletics, cross country and rounders

The Physical Education department at WHSG introduces students to the world of sports performance, combining physical performance and academic challenge. The Head of Department will lead a skilled team of staff to encourage students to develop a strong interest in sport and recreation, participating both within and outside of school.

Within lessons and extra-curricular clubs and fixtures, pupils gain and develop leadership skills. Coaching and officiating of peers is encouraged from Year 7 and the values that a good leader needs such as fairness, honesty, trust, commitment and courage are discussed and promoted throughout their time at WHSG. As part of our extra-curricular programme, House Sports Representatives and Captains, Sports Leaders, Team Captains and volunteers help to organise, officiate and lead practices and events.

All pupils participate in House Sports Competitions and Team Building Days giving them an opportunity to apply their knowledge and understanding in other contexts outside of lessons. Pupils can compete in competition with other schools at a local, regional and national level in a wide range of sports. Through links with local coaches and clubs the department provides a pathway to sport in the community.

The PE department ensures there is a focus on understanding how to develop and maintain an active healthy lifestyle into adulthood. Pupils learn the importance and benefits of exercise on physical, mental, and social well-being. Pupils are exposed to a diverse range of sports and activities concentrating on mastering technique as well as developing evaluation and analysis skills. Encouraging a positive mind-set towards physical, mental, and social well-being is at the heart of lessons to motivate pupils to develop their physical identify and self-belief. Values such as teamwork, cooperation, empathy, fair play, and etiquette are promoted, alongside respect.

GCSE PE provides an opportunity to look at the anatomical, physiological, sociological, psychological and cultural theory behind sport. The department teach the AQA specification at GCSE, where students perform in three different sports, whilst gaining a broad understanding of the how and why of physical activity and sport. Students learn, through a range of different contexts, the impact physical activity has on both their own and other's daily lives. Students will discover the reasons why we do things, why some people outperform others, mentally and physically, along with learning about the effects of inactivity, poor diet and examining the ethical issues surrounding performance enhancing drug use in sport.

The GCSE course develops students' knowledge and understanding of:

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data
- Sports psychology
- Socio-cultural influences
- Health, fitness and wellbeing